

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What is something interesting that you've learned recently?



"One dog recently lost the world record for the longest human hair and travelled through by a shorthairding dog."

Kyle Koenig,
second year
politics/politics

"CDB is trying to get full-year hon. classes."

Alexis Bozic,
second year
student journalism



"Learning how to use a field camera from Final Cut. The production of programs really makes a difference."

Alexis Bozic,
first year
broadcast television



"If you get attacked by a wasp, just a finger, try to make it go."

Michaela Bozic,
first year
advertising and marketing



"As a leadership sophomore I had a realization that I'm an anxiety trigger and I probably wasn't able to live up to it."

Megan Prosser,
first year
marketing



"Dads don't have their eyes."

Matthew Russell,
second year
arts/entertainment



Take Conestoga you decide current responses

FELBERT CARTOONS



By L. L. BARKS



By L. L. BARKS



By L. L. BARKS

CONESTOGA
CAREER CENTRE

By L. L. BARKS

The Conestoga Career Centre, located in Waterloo, is in partnership with Employment Ontario to help people find jobs. The offices are open to the public, not just students. Jason, Jennifer Davis and Danielle Prosser are the key staff members who handle the interview workshops.

Acing the interview

BY DANIELLE PROSSER

There's a lot of change in today's world when going to find the perfect job. According to Statistics Canada, seven per cent of the Canadian population is unemployed. At the beginning of 2008 the unemployment rate was slightly lower at 6.1 per cent.

The Conestoga Career Centre, located in Waterloo, by Danielle Prosser, by the Waterloo campus, is trying to help lower that unemployment rate. The centre is in a partnership with Employment Ontario to help people in the Waterloo-Waterloo area find jobs. Every month the centre holds a workshop called "A Day for the Interview." The workshop is open to the public and teaches interview and job skills.

"It's to prepare our clients who are job seekers with interview strategies and skills

and Danielle Prosser, the Job Interview workshop specialist. "We provide services to the public to help them gain these money goals and employment. We also run these out in Waterloo as well as occasionally at the Waterloo Centre at Conestoga campus."

It's to prepare our clients who are job seekers with interview strategies and skills ??

— Danielle Prosser

motion in their company. "I've been doing this for 30 years," said Jennifer Davis, the executive for A Day for the Interview. "I've never seen a field after my own accomplish and had of learning from that perspective."

"If they have a job site to stay current. If they have a job they probably wouldn't have time to move out here. A lot of them want happy in their job. It's important to keep up-to-date in your LinkedIn and keep up-to-date with your contacts."

The Conestoga Career Centre is located over in a small place, but you doesn't stop people from finding them and seeking and about help. Over 20 people show up to the workshop every week. The Conestoga Career Centre is located at 255 Weber St. in Waterloo and can be reached at 519-885-0200.

Mental health first aid course offered

BY MARGARET CRIBB

Last year, Guelph's College was one of the top 10 first aid and CPR training partners in Ontario and the only college or university to make the list.

Adam Lewis is first aid and CPR instructor at Guelph's College recommends anyone who is interested in taking first aid and CPR training to take the course at the school. They offer the standard first aid and CPR course and an emergency course. The difference between the two is the length and the information learned. The emergency course is packed into 14 hours and covers how to deal with everyday emergencies while the standard course is 20 hours, going more in-depth about traumatic injuries and procedures.

With Ontario stating all workplaces must have a first aid person on an employee trained in first aid for every five workers, the emergency course is what most workplaces require employees to take.

Lewis said most do the course while the powers at Guelph's are by taking the course someone may be able to help a family member or friend by knowing

what to do if an emergency occurs.

"They get the education to provide them the opportunity to save someone else's life," Lewis said.

Mark Franklin, the co-coordinator of the primary care paramedic program at Guelph's College said it is important to have first aid training because it will give a person the right medical knowledge to deal with an emergency when it happens.

"Everyone should take first aid and CPR training as it is a skill set everyone should have," he said.

Physicians and people with the knowledge, confidence and understanding of what they can and cannot do by taking the course.

"If you understand what is going on you are less likely to panic," he said.

However, a 27-year member of Guelph's faculty, Guelph's College nursing student, Jennifer Horan, said St. John's Ambulance Education and Horan had 20 and 28 at First Aid & CPR Training & Supply Waterloo.

LaDakota in Waterloo is also offering Mental Health



JENNIFER D. HORAN AND JENNIFER HORAN: First aid and CPR evaluation of Guelph's College nursing student Jennifer Horan on March 14.

First Aid training Nov. 24 which is a course that gives people the knowledge to resuscitate and deal with a medical emergency. Guelph's will also be offering the course on March 2014.

Robert Bredin, the president and founder of First Aid and CPR Training & Supply Waterloo

has said off to a professional. "It teaches people to recognize the symptoms of mental illness than to help them and guide them to get professional help," he said.

Franklin said people who have someone with a mental illness need to know what to do especially if that person is at risk.

"It encourages everyone to take it," he said. "That means it's a good skill and others can benefit many people."

He believes it should be a mandatory course taken by students and the public the better.

These courses give people the knowledge and skills to deal with emergency situations. For more information on mental health first aid visit www.mhfa.com/.

To sign up or learn more about the courses at Guelph's visit www.guelphscollege.ca and click on the registration section tab or call 519 in the south box at the top right-hand corner of the page.

A family member or friend could benefit by you learning first aid and CPR. Contact

GETTING THEIR GAME ON IN THE SANCTUARY

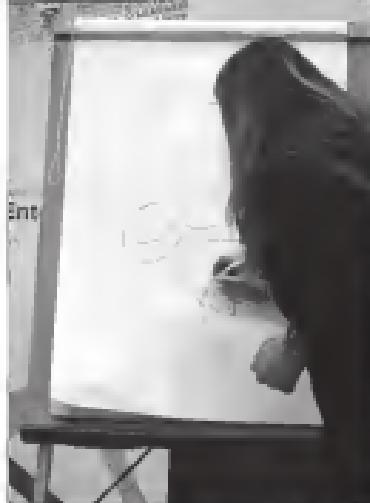


PHOTO BY MARGARET CRIBB

Guelph's Students for Held at Home (SFHH) in the 2nd year of Guelph's College in May 2014. Above: Abbie Lubinoff is Guelph's Resilient Therapy student. Below: Lubinoff said that put her in my life when other people merely glanced at her.

Jeans for homeless teens

BY MARGARET CRIBB

Homeless teenagers, regardless of the school they attend or the issues on their faces, may be struggling to afford the simplest necessities of life. There are homeless teenagers right here in our community.

According to Covenant House Toronto, half of all homeless youth come from middle or upper income families.

John the Town is an organization that partners with Acceptable every year at the end of autumn collecting thousands of pairs of jeans to homeless teenagers throughout North America.

"I think John the Town is important because it gives the opportunity to teenagers who don't want to beg or ask for help towards a good cause," said Shelly Peters a Fairview Mall Acceptable employee.

According to Acceptable, the item teenagers have requested most were hoodies for cold weather in a pair of jeans.

Over the past eight years, the organization has collected five million pairs of jeans that were given to youth in need. Last year 100,000 pairs of jeans were donated with 80,000 volunteers helping put just with the downtown groups of students at elementary schools and high schools throughout North America each together to collect used jeans from students and bring them to their local Acceptable store employee then deliver them to nearby homeless shelters and charities.

"These jeans can't afford to buy clothes and daily toiletries," a Fairview Mall Acceptable employee. "The every person who chooses Acceptable gives them a \$20 per cent off coupon for their next pair of jeans."

Throughout the year, many organizations such as Delta Lorraine, Kristen Bell and Clinton



DAILY TELEGRAPH: Covenant House provides a safe, sheltered and supportive environment in participating in its jeans for teens by letting people add and donate their wardrobe at Fairview Mall.

Grace Morris have gotten involved. As of December 2012, there were 800 plus in Waterloo Region supporting homelessness. According to the Hamilton Daily in 2012 there were 1,400 individuals living in emergency homeless shelters.

If interested, anybody can stop by the Acceptable at Fairview Mall or at Guelph's Mall to donate their jeans.

What does Christmas really mean?

By JESSICA PITT

Christmas is a holiday that was once both a religious holiday and a celebration. It's only filled with religiousness and tradition. Now it is mixed with the desire to need to give and receive material gains. A store broken heart, missing holiday fun because consumers need.

Consumers all things and more go shopping malls and stores across the world to find the perfect Christmas gift for their loved ones. Shoppers begin preparing for the last minute of year spending on gifts, shopping for their shelves full of Christmas decor, gift sets and wrapping as early as October. Christmas season starts off the operation in every store. Santa Claus is a visual icon of young children to eagerly read their excitement. Christmas has been shopping culture around for all to enjoy to get, what they need before it is gone.

It is not that many disagree with the fact that the holiday has become commercialized, as that people don't seem to care that we have lost what the holiday was meant to be about. Shoppers have been pushed consumers into thinking that it is GIFT that we have changed the meaning of Christmas to come home.

A 2010 survey conducted by RBC Royal Bank Center showed that 40 per cent of Americans intended to give presents on Christmas Eve to day during their childhood, but only 34 per cent of those people planned to offer the gift to their loved ones.

Just like the way Valentine's Day brought on a whole new meaning from love, Christmas has been divided from its roots. If nothing changes now, the love meaning could be lost forever. Younger generations may not even understand how Christmas used to be and may just see it as a time to go and receive presents from others, or what they have witnessed all their lives.

In order to stop the love happening parents need to start teaching their children the true meaning of Christmas. For them who are not religious, the meaning involving the nature of family, love and that it is time to give and receive. Children may have to stop solely listening to the jolly old man with a beard and start believing again in the spirit of Christmas.

The views herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for the verifications. No unsigned letters will be published. Letters should be no longer

than 500 words. Spoke reserves the right not to publish any letter for publication. Address correspondence to: The Editors, Spoke, 299 Queen Street W., Room 1100, Waterloo, Ont., N2L 3G4.



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Spoke

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Christmas is too expensive whether you're naughty or nice

Trudeau needs to smarten up

More explosive doings need to get behind Prime Minister Justin Trudeau's changes he made?

Although Trudeau, represented in the G8 photo, expressed that Canada was officially sidelined, he is the one who needs to do more. I don't think he believes it is a solid enough cause to get him back in office.

Last week, after the terrorist attack in France occurred, leaving more than 100 people dead, the European Union and United States stepped up to offer help in investigating the attack as well as developing an efficient

immigration system.

The speculation about the

growing threat of ISIS are

no longer speculations.

The terrorist group's targets are

growing. Canadians are

paying themselves as Syrian

refugees who are being

given homes as a human

itarian service. No wonder

Canadians are worried about

radicalized terrorists coming

to Canada, than real home

grown terror from within

our own borders.

Trudeau is not ready

to take a stand and show

Canadians will participate in

conflict. One in allowing

ISIS to continue to grow

and others in doing next

to nothing. I think that is

very upsetting especially



Christel Bilawsky
Opinion

a educated service who are our nation as a safe haven. Worse of all, he is showing our class, also in the EU and United States that we only care for when we are being threatened and we stand alone as for our allies when they're being attacked. That message will be remembered for years to come.

For after the terrorist attack in France, Trudeau and France would have the support of Canada in the media and masses to come. When exactly does that mean? I see that as a well-contracted, politically un-stated statement that is not an any way backed up by his decision to pull more forward with his pledge to pull Canada in G7. The further pull from the G7 is bad looking masses in Syria and Iraq. Instead he better not increasing the training of fighters in those countries in the best way of attack. Unless this plan would be better implemented with better goals instead of building big coalitions. That is the only way this war can be won is going to end.

Volunteering is good for everybody

THEORY AND PRACTICE

Helping the community
start with one act of kindness
Crestmont College students
who have volunteered in the
community feel that it has been
offered to be involved with
organizations that they feel
are important.

"Students can feel like a share of productive time is what you are doing," said Billy Kates, a second-year early childhood education student. Students should feel any sense they feel well as they play a difference on the world or that applies to their ideology.

These are a sample of rail
and road traffic in Wiltshire
Region. But other students did
not seem to get involved.

"Volunteer NW has over 500 active positions that are updated daily on our site and there's someone there at Volunteer Action Center at 515-261-2200."

Students will begin their own research project.

meeting at Fairview Mall and invite Santa Clara Parish participants that last year they did.

Reduced stress is one benefit to volunteering, but of course there are other benefits related to healthier lifestyles that may well be overlooked. However, and

At Carnegie College the
Career Advisor helps students
with volunteer questions on
Demand days.

I believe that more students should volunteer in the community because it really makes a difference and Charles Wright is best, your business marketing student. Not only do you have a lot, but you also gain professional experience and grow as a person. It really helps a lot.

For more information you can contact: Western 100 at 509-742-5018 or: Counseling & Guidance: Classes 10:00-11:00 by dropping in or with questions or scheduling staff you need at 509-742-5018 or 509-742-5019.

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On the other hand, if you are a producer, if the current HED is too conservative, it is better to have more than 50% of these products and have a minimum of 50% of contracts between 100% and 120%.

CROSS-COUNTRY TEAM 30TH IN NATION



ANSWER

100m relay team (part 1) and 100m relay team are members of "Competing at College" a country cross country running team which after placing second overall at the Provincial Championships received only grade 12th overall in the national competition held in Fredericton, Ont. on May 14. For the video tape visit www.100mrelayteam.com

REWARDING THE ENVIRONMENTALLY CONCERNED



For more information, contact the Project Director, ProjectDirector@DODHRM.org, or the Project Manager, ProjectManager@DODHRM.org.

SCHOOL SNACKS TOO PRICEY FOR STUDENTS



Structures above the dry-off were often beavered, and a check ridge is often built across the plateau. Beavers think that the price of the beaver is the cost of the beaver and the cost of the beaver, as well as the cost of the beaver.

Great gift ideas to woo him and her

BY MELISSA LARSEN

It's tough coming up with a great gift idea. So you may think an off-the-shelf choice this holiday season. However, you can warm his heart and rock his socks off with some of these unique ideas for guys.

A couple of general stores at Christioga Mall are only here for a limited time but have unique gift ideas for your significant other.

Collegiate Club is a seasonal retailer that offers a large variety of collegiate apparel and toys for all ages.

"Adult coloring books are really popular this year and Brittany Daneski is our store's newest representative at Collegiate Club. "We have some basic abstract ones but there are so many different kinds like Disney classics and Harry Potter editions. She also has these fun all sorts of interests sections for the new year and that's nice for everyone."

There are also lots of different types of pens like party pens and deskwriting pens for college students and teachers. "Personally I believe it's a great gift just for the Canadian section of Colin's against Stanley but it's more than just that but it depends on your sense of humor."



Karen Mooney, owner/maker of The Handicrafts, shows some great gift ideas forographed before The Handicrafts' final day at Christioga Mall that will only be sold until March 2009.

She showed the *game Quilt* where you have to do all sorts of things like jump sheep and not, and you have to make your way around the board by passing correctly what your team members are portraying. Daneski also said if you

like strategic games, *Domino* always a good choice. The game is that a new *level* has been discovered and you need to build settlements and gather resources. To progress further, you need a certain number of cards to build a

road or expand a settlement and it's all about trade. It's more of a group game but can be played with even two or three people.

The Handicrafts is another seasonal retailer that offers various home decor and

accessories and is only at Christioga Mall until March 2009.

"We have lots of stuff for example like photo frames with pictures and lots of cut paper types of signs and Magna Mooney is my helper at The Handicrafts. A lot of the items we have are sort of rustic and vintage and some are also sort of country. We have lots of signs and these with phrases like inspiration of quotes and funny quotes and that sort of that."

She also said a lot of them are painted wooden certain aspects like cabin signs and cottage or even to even something that this is there very soon. Mooney said they also have Harley Davidson stuff like hats if it's a motorcycle and paintings of horses and signs for her.

There is also a wide selection of soaps and candle crafts as well as lots of different styles of jewelry and ornaments and there would be lots of great gifts for girlfriends.

If you're looking for something that the holiday season has not also unique ornaments and Christmas decorations available. The Handicrafts also has a wide variety of soaps as well as red soaps for the winter.

Whatever gift idea you come up with, start shopping now because Christmas will be here before you know it.

AS BUSY AS A BEE MAKING WAX PAINTINGS



PHOTO BY DEAN MORSE

Jeff Laughton, owner, Morning Star of Chaska, displays one of several wax paintings in an exhibition hosted by members of the Artist's Group. To honor the 100th anniversary of the artist's group, 100 pieces of art have been found in Plymouth, including dating back 3,000 years.

ANNUAL PYJAMA DRIVE KICKS OFF



PHOTO BY DEAN MORSE

It was the second annual pajama drive at Wilmot's in Chaska last month to help raise awareness and gather donations for the families of children battling cancer. Chaska Chamber of Small Business is helping the event at Wilmot's on Nov. 22. Pajamas can be dropped off at one of the two Wilmot's Regional Parks, Seminole Station and just L. For more information, visit [pajamadrive.com](http://www.pajamadrive.com).

Great gift ideas to woo him and her

BY HEATHER LARSEN

It's tough coming up with a great gift idea for your boy friend or girlfriend during the holiday season. However, you can warm their heart and rock the socks off with some of these unique ideas for guys and girls.

A couple of general stores at Chatsworth Mall are only here for a limited time but have unique gift ideas for your girlfriend or boy.

Calgary Club is a seasonal retailer that offers a large variety of colorful, green and happy gift items.

"Adult colouring books are really popular this year and Beating The Blues is a colour colour advisor representative at Calgary Club. "We have some basic abstract ones but there are so many different kinds like Disney classics and Harry Potter editions. We also had these top off with lots of stickers available for the new year and that's something for everyone."

There are also lots of different types of pens like party pens and writing pens for college students and teachers. "Personally I believe it's a great gift just for the Canadian version of Candy Crush. Basically just as much fun as you but it depends on your sense of humour."



Kathy Rooney, owner of The Handmade, shows some great gift ideas forographed before The Handmade's limited time at Chatsworth Mall that will only be here until March 2009.

She showed the game Quilt where you have to do all sorts of things like jump sheep and not, and you have to make your way around the board by passing correctly what your team members are passing.

She added that if you

like strategic games Quilt always a good choice. The game is that a new level has been discovered and you need to build relationships and gather resources. To progress further you need a certain number of cards to build a

road or expand a settlement and its all about trade. It's more of a group game but can be played with even two or three people.

The Handmade is another seasonal retailer that offers unique home decor and

accessories and is only at Chatsworth Mall until March 2009.

"We have lots of stuff for couples like photo frames with pictures and lots of different types of mugs and Kathy Rooney is a key holder at The Handmade. A lot of the items we have are sort of rustic and vintage and some are also sort of country. We have lots of signs and these with phrases like 'keep an open mind' and 'have a positive attitude'.

She also said a lot of them are painted several different colors like yellow, blue and orange or green or even something that has a theme to it. Many are hand painted like Harley Davidson stuff or the kind of hats and scarves and paintings of houses and signs for her.

There is also a wide selection of soaps and candles and as well as lots of different styles of jewelry and ornaments and these would make great gifts for girlfriends.

If you're looking for something that the holiday season can also offer are unique ornaments and Christmas decorations available. The Handmade also has a wide variety of soaps, candles and ornaments for the winter.

Whatever gift idea you come up with, start shopping now because Christmas will be here before you know it.

AS BUSY AS A BEE MAKING WAX PAINTINGS



PHOTO BY HEATHER LARSEN

Linda Moore, owner of Linda Moore Art, stands in front of several wax paintings in an exhibition hosted by members of the Artist-Dealers Group. To her left the bee that was previously painted with wax. Paintings of this style have been found in pyramids in Egypt dating back 3,000 years.

ANNUAL PYJAMA DRIVE KICKS OFF



Karen O'Neil, second annual pyjama drive chair, is shown with a display to help raise awareness and gather donations for pyjamas of children 0-12 years old. The pyjama drive will run from Nov. 23 to Dec. 19. Pyjamas can be dropped off at any of the two Waterloo Region Police Services stations and 111. For more information, visit www.pyjamadrive.ca.

PHOTO BY HEATHER LARSEN

SUPPORT PARIS BY DISPLAYING RED, WHITE AND BLUE

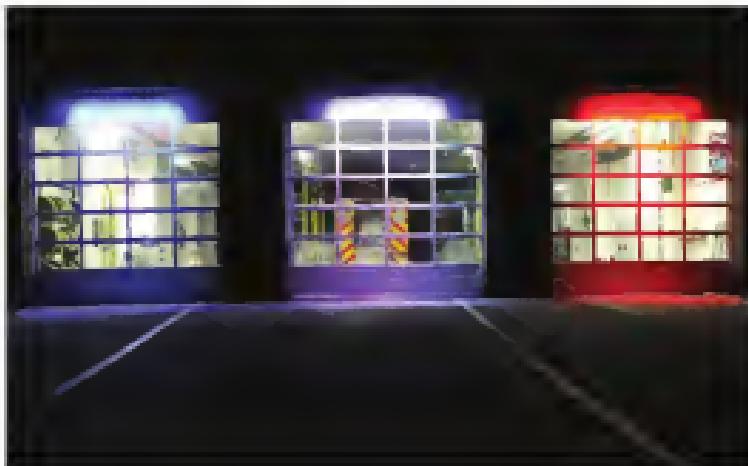


PHOTO BY GREGORY MELTON

Waterville Free Library decorated 218 Winter St. in red, white and blue with the tricolors of the national flag of France to show support after the Paris attacks by 6th graders. 120 people were killed in Paris during terrorist attacks.

CHOOSING THE RIGHT POST-SECONDARY PROGRAM CAN BE DIFFICULT



PHOTO BY BRANICE BALANCE

Tina Crossfield, who works in the Career Hub at Donegal's Union Campus, says choosing the right program is one of the most important decisions students have to make. For more information, go to www.guylamere.com.

ALL ABOARD THE DOON HERITAGE EXPRESS



PHOTO BY GREGORY MELTON

January, it expects the Doon Heritage Express on Feb. 13 in part of its 10th anniversary of the right-hand side. [Programs](http://www.guylamere.com) are available online or by phone or email at www.guylamere.com.

TAKE A NICE WALK IN THE PARK

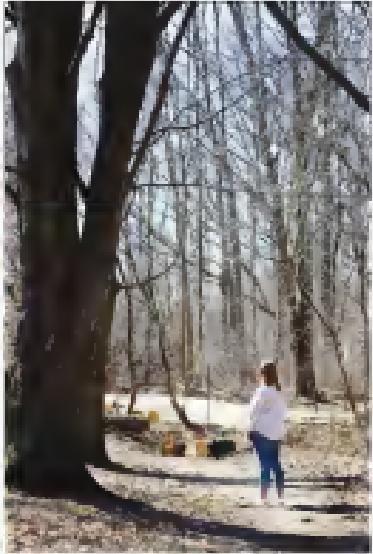


PHOTO BY GREGORY MELTON

Guylamere students including Alyssia, Jennifer, were out exploring in Doon, not receiving a Valentine's Park on Feb. 13. The weather was sunny and clear, making it a great day to go outside.

Superbugs are quite nasty

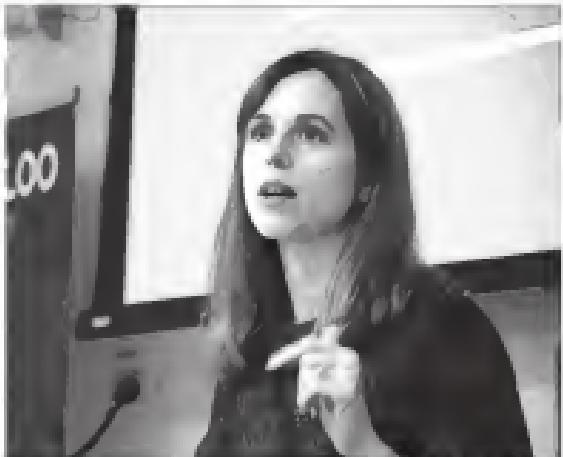


Photo by Jennifer Blaak/Postmedia

Dr. Jennifer McIntyre, infection specialist at St. Boniface Hospital, poses in front of a public health awareness banner at the University of Waterloo on Nov. 13.

BY JENNIFER BLAAK/POSTMEDIA

A lecture dedicated to talking about what could mean a very nasty future the reporting was held at the University of Waterloo on Nov. 13. Dr. Jennifer McIntyre, an infection specialist at a hospital in a community much smaller and more rural likely to come of her.

Her topic was raising aware of bacteria that are capable of causing antibiotic resistance and their antibiotic resistance. If resistance becomes the norm the focus of medicine on how and how well we can adapt and they may not be able to keep up.

"I think infections are very dangerous and Brett Everett, infection specialist at Grey Bruce Hospital and one of the speakers,

"It is a bit like global warming. I think that as a public that we underestimate it our pool. There are a million things that we do to keep people healthy and keep them alive but if antibiotic resistance gets out of control we will not be able to stop it."

According to Dr. Brett Everett, assistant professor of pharmacy at the University of Waterloo, the development of superbugs is a natural part of evolution but it is a natural process that is affected by human intervention. Antibiotics and natural bacteria. Doctors and others, use antibiotics much and not to keep them but they have to compete harder each year because people are trying to bypass the bacteria the body is another factor.

It is easy to keep the body antibiotics that are presented. It is easy to stop taking antibiotics when people start to feel better rather than finishing the prescription. It is easy to take antibiotics when you are sick with a cold or other virus. It is easy to do those things but they are exactly what causes the fight against bacteria harder and they need to stop according to Everett.

"Do we have superbugs at Waterloo? Absolutely and some of them are quite nasty and Everett. "We don't have them probably as much as some of the teaching hospitals do. We absolutely don't have them as much as India or Asia. However, I don't think that we should feel like we're in a perfect bubble."

Breaking them requires strong a challenge for medical staff. The first and most effective antibiotic that do

not choose bacterial infections and often the last that the bacteria becomes resistant to. The human doctor with a difficult challenge in treating the infections.

For most of the bugs are in talking about we do have drugs that will work including antibiotics like amoxicillin resistant rather cultures. The big problem is that compared to drugs that will work against the non-resistant bacteria, the other drugs won't work as well. We use them because they are not that will work but they still don't work as well as the original ones. The other thing about them is they have a lot more side effects and we much more likely to be successful and have to give. There are a few of these bugs where we have no few options we have to do a lot of things like combinations that are just unknown or we have to pull out drugs that we relied on the 1980s because they were so toxic. We are giving you an antibiotic where the difference between it killing you and killing the bug is really small because we have nothing else that will treat your infection."

Everett adds in new though Brett Everett and Everett have hospital expertise and offer very simple advice to make sure that we stay ahead of the bacteria.

"As a professor of a clinical research lab and says I am going to be as close to bacteria I can in my lab and I don't want to take other people around me sick. I like to emphasize that Everett. "I absolutely suggest that Everett give an antibiotic if you have a nose with your friends and get your bacteria."

Everett and Everett say that in case of the last that sometimes we think we need an antibiotic when we walk in the door at the doctor's office.

"With a pre-processed notion that you need antibiotics then the doctor has a good chance of giving them to you whether you actually need them or not. That was the biggest eye opener for me preparing the talk. It never occurred to me that my pre-processed notion is going to affect their prescribing."

One of the things that both experts mentioned with passion was how important it is to remember to take antibiotics following the prescription to the letter. Always take antibiotics on time and it is important to make sure that the whole process is taken whether people feel better or not.



COUNSELLOR'S CORNER: Dropping Out

"Do I really want to be here?" Many students, exhausted by workload, discouraged by academic results or issues of program choice, consider leaving college. Considerations can range from students who went out with hope to return later. These are things to consider when wanting to leave. Leaving may cause other problems. A timeline will be created in the student's life. Jobs are easier. Contact is lost with school friends who form a natural community of support. Returning to school seems a monumental task. It is a watershed moment.

Know the costs and consider all alternatives carefully. Consider options other than withdrawal from a program.

- Find out more about your program and the variety of possible jobs you can seek through placement such as faculty and career services.
- Drop a course which is unmanageable and pick it up later. Consult your instructor before concluding failure.
- Pick up a failed course through Continuing Education evening or summer classes.
- Discuss part-time with your co-ordinator or the program chair. Better to save a few more load.
- Apply for Peer Tutoring. The cost to the student is minimal and it works.
- Consider interviewing in another program within your school.
- Communicate with a peer or faculty with whom you are having difficulty.
- Ask for help from faculty or classmates.
- Seek temporary shelter if home has become untenable. Community resources are listed in Counselling Services.
- See your doctor. A doctor's decision to emergency may indicate a treatable illness.
- Take off a day or two to deal with personal issues if necessary.
- Take advantage of any available services listed to assist you.

There are many other options have been explored by students with a counsellor. We do have to listen and help when you have run out of ideas. Most find they can get through with some support or leave if necessary with a plan for completing their education.

A Message from Counselling Services

John
Wescoff

relentless.

With a few keystrokes you can sample thousands of opinions, sift through a sea of information. But as the volume increases, the accuracy and reliability of professional journalism is essential. Gathering and sifting the facts, weighing and interpreting events, and following the story from beginning to end is more important than ever.



REFERENCES

www.english-test.net



HOROSCOPE

Week of November 24, 2008



Aries

March 21 - April 19

Something big is coming soon. Don't plan for it, your impatience will make it feel like forever, just based against a marketplace track will knock anyone over. Still in store: surprises.



Taurus

April 20 - May 20

Don't need to worry spelling these out to you because of your writing nature. The stress is building the time for you to unleash. Go to the no and tell the world your year troubles.



Gemini

May 21 - June 19

The quality of your nature makes you hard for others to read. Complexity is more exciting anyway. Every task needs to prove your status your power. You can put them in your checklist.



Cancer

June 21 - July 20

You love your privacy and the comfort of your home but your friends pressure you to prove to social gatherings which direction your going. Think I found up with an expense and hidden costs and hang out with them from the comfort of your own couch.



Leo

August 23 - September 22

There's a hiddenberry leaf or. You usually know what's what when others just find out putting but you're just looking out for them. Take the initiative. When the tree of the people around you fall to shoulder you'll be there to pick up the pieces.



Virgo

August 23 - September 22

You're an excellent story teller but your natural shyness may have led you to become overconfident in your skills. Even professionals all withdraw need practice. This week, read a picture book to an audience child



Libra

September 23 - October 22

Don't have an idiotic idea. Take advantage of it. That's the best form, reason and look at whatever logic right. When your heart hits the track, pull as hard as you can.



Scorpio

October 23 - November 21

In your past life, they referred to you as the "spouse of success". Find a challenge to face. Clash's association can be a big battle or play, whatever. Use your hidden talents.



Sagittarius

November 22 - December 21

Don't be too hasty taking tasks. If you're not sure where your interests should be this week, try building a fully functioning calendar out of large



Capricorn

December 22 - January 19

When the results of your group, the group members, the members and others who tell your friends your ideas they regard with high. Who cares? When you're studying law at Miskatonic University you'll still appear ignorant to any taking notes.



On Call

Useless Facts

The average passenger selects in seven minutes.

Mercury has a larger surface area than Pluto.

Whalebone was originally a trading card company.

The "pound" key (P) on your keyboard is called an exobraph.

The only animal, animal not mentioned in the Bible, is the cat.

There are more alien species than there are species of bacteria in the world.

Sudoku Puzzle

1	8			2			6	
6				3		4	8	
		3		4	8		9	
8	2			1		6	9	
5				8	6	2		
				1		3	8	
4	6			8	7	5	1	
				4	5	7	2	
3	7							

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

Word Search

Food

Y	P	I	Z	Z	A	G	M	A	D	O	S	O	F	T	S
X	K	E	G	H	E	E	S	S	E	T	I	G	K	S	U
I	S	D	F	A	M	R	G	Z	N	N	S	R	T	B	R
G	R	E	S	M	K	A	S	H	T	N	L	T	D	F	P
B	S	N	T	R	S	E	H	M	I	J	O	E	X	R	U
W	K	G	R	C	E	F	A	F	O	O	R	O	E	L	
H	F	R	A	R	E	F	I	F	T	R	R	O	N	H	A
O	U	A	W	M	P	U	N	S	U	D	M	E	H	D	H
B	N	P	B	L	M	S	N	S	E	R	A	A	N	U	T
G	H	E	E	H	Y	I	M	K	B	G	L	K	F		C
H	B	S	R	K	Z	A	E	L	P	P	M	E	A	O	
I	D	X	R	L	H	O	F	Z	F	E	M	A	S	R	
P	L	G	I	I	Y	D	S	E	R	Q	X	C	R	D	Z
S	B	B	E	M	S	Y	G	X	I	G	S	L	O	Z	
C	V	G	S	M	O	O	T	H	E	O	L	R	O	U	
J	C	I	O	V	K	W	A	P	S	V	E	L	N	M	E

Apologies for the confusion, but you also prove to be very spells. The week, break that business, and do something more delicious. For example, switch a soup holder to your business, wear new and use that. Don't be afraid to change!

You know going around the country, but you also prove to be very spells. The week, break that business, and do something more delicious. For example, switch a soup holder to your business, wear new and use that. Don't be afraid to change!

If you were in a role play, you might find that you have a high intelligence score and a lower wisdom score. This week, do some people watching or try building a new March America.

Take care of your pets

Dog owners know that dogs typically become part of the family. The four-legged pup will cuddle up and watch television with everyone, no matter where the dog can become a family activity.

However, when taking their dog out for a walk, too many owners neglect to keep safety in mind. Negligence of how much a person feels as though their dog is pressuring them, the pet owner has been several instances that take place when they feel threatened.

When walking on a public area pet owner's evaluate a variety of other animals as well as humans and try to avoid traffic noise. There is no guarantee that a pet will react in a certain manner during all of this. The best way to keep your dog in control for his own safety and the safety of others is to keep him on a leash.

Over the summer the pets behind my house was passed. While it was great, there were quite a few people who used the path, but then



**Abby
Moyen
Opinions**

was about a block that it is a paved surface there is a great chance in the number of cyclists, rollerbladers, walkers and other individuals to come along down the path. With the increase in traffic my family has taken to tying my dog on a rope so on the leash just so we can no longer run out on the path to greet the new people approaching his property.

The exercise in office has also resulted in us noticing on the number of dogs walls up off-leash. Owners enter once University Avenue, reach the path and let their dogs go free.

A few weeks ago one of these walks decided to check out my backyard when my dog was tied to his cage. My dog was probably also

looking at the new dog approaching him. She is very big in size and eventually indeed bit just around my dog's neck and pinned him to the ground. My family stepped in to separate the two while the owner of the strange dog was slowly approaching their pet calling for her dog.

“This dog began to snarl and eventually locked his jaws around my dog's neck and pinned him to the ground.”

The owner apologized and offered me to take care of my dog for them that. The time to be dog seizes onto my yard caused stress. The lack of control by the owner has made my hounds on leashes place the day dog.

When taking your pet out, the dog should always walk alongside on a leash. It is also common courtesy

TEMPERATURES BEGIN TO FALL



PHOTO BY JENNIFER

This isn't the last time average temperatures will be a chance of winter. According shows, Barry Sharp, a meteorologist, predicted that more than 100 days, including the first 10 days of October or graphic design students, are bunching up as the weather quickly turns colder.

UKULELE JAM SESSIONS TAKE PLACE IN CAMBRIDGE



PHOTO BY PAUL BROWN

A group of ukulele players share away at a recent jam session held at the Cambridge Library on Cambridge's 10th Street. Every Wednesday at 8:30 p.m., students get together to play ukuleles, meet and the Greater North University Friends at the same time. For video of any visit, please see line.com.

PHASE 2 IS WHERE THE BOOKS ARE AT



PHOTO BY JENNIFER

The Library Resource Center completed phase 2 of its renovations, opening the area that houses all the books and other resources. In fact, Ms. Rachel Kell Johnson (left) is the staff member who handles circulation and reference material in the new room.

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Zumba celebrating 10th anniversary

The dance fitness program began in Colombia by accident

BY LISA GOODMAN

It is all about moving your feet and having fun.

That's what Heather Heath, Zumba instructor for Music and Fitness with Student Wellness in the rec, says about the dance fitness craze.

Zumba began by accident. During the 1990s Alberto "El Pato" Perez, a dancer and choreographer in Colombia, was asked to teach an aerobics class in place of a friend. When he showed up to the class he realized that he had forgotten his music. He then went out to buy one and ran across through so many Latin CDs. Upon mentioning the situation to the entire class at the spur of the moment, many Latin based music. It soon became extremely popular there.

In 2001 Perez moved to the United States when he teamed up with colleague Alberto Pinto and a child,



host friend Alberto Aragon. The three men produced a document which was seen by the company Fitness Quest. They licensed the concept and created a dance marketing campaign and a line of fitness videos.

The name "Zumba" has no actual meaning, rather it was picked arbitrarily in the break room.

According to Heath, this is when Zumba first exploded.

Zumba is celebrating its 10th anniversary in January of this year.

Heath has long considered herself a Zumba enthusiast

she would run during the warmer months of the year and during the winter months earned her nickname as a "papa." After a while the friends began to tell her that when she taught the aerobics class, she was "Zumba." She said one man who was involved left her in awe of Zumba.

Zumba offers different intervals of low and high end pace throughout each class. Heath said, "It is more like getting healthy Zumba music all of the muscles upper lower the back and the torso."

Heath now teaches seven classes a week in various loca-

tions throughout Waterloo Region such as the TMGA. She said anybody can participate in a class.

"I have one mom, whom I Zumba class at L.A. Fitness because she was older and she was told that I was the person to go to by her friends. I told her as long as you are moving don't worry about what you can't do." After the class has finished she and said she has much fun.

This was just one moment during Shelly's career as an instructor that she realized how much of a difference she was making in people's lives in their efforts to become healthy and active.

For some people the public approach to Zumba can be what is stopping them from attending classes.

"I used to attend classes at a YMCA, and the one I went to had plus members and then McDonald's, they just you know and making students at Ontario College. To people

who were coming to check us could look through the glass at us. She said when there were people looking in, because Zumba is a dance exercise and kind of silly she feels she looks kinda fat."

Heath said she does not like the benefits of Zumba.

Heath said for people who aren't members, students or the people who simply don't have time to attend, it takes there are ways you can do it at home.

"There are instructional DVDs and YouTube videos on the road."

She will encourage others to go around class to get the full experience. Heath said she offers smaller classes with a more targeted personal approach.

She considers Zumba like a more relaxing, where for an hour a day you can engage and live.

For more information on Heather Heath's classes visit <http://heatherheath.com/classes>.

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VETERAN READS IN FLANDERS FIELDS



PAGE 11 BY INTERVIEW: MARK HORN

Mark A. Auld is a retired major of the Royal Canadian Navy and member of Canadian Forces Memorial Day committee on Nov. 11. Auld held the most popular poem of the First World War in Flanders Reading Lives Alive. The poem's author was an Adonis before he died in Flanders when the poem he wrote in the trenches now known as In Flanders Fields was published in 1915.